**TRAINING OF TRAINERS**

**Session Title: 1.5 Energisers and Ice Breakers**

**Length of Session – 60 mins**

1. **Objectives**

**By the end of the session participants will be able to:**

* Identify when to use energisers and icebreakers and the pros and cons of using them.
* Practice several energiser/ice breaking techniques.
1. **Methodologies used**

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| **Mins** | **Activity/What to do** |
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| 5151030 | Start the session with an icebreaker exercise of your choice. Make sure this is an energetic activity that also gets participants to know each other better.Review the activity with the group – how useful was it as an icebreaker? Ask the group what is the difference between an icebreaker and an energiser?Icebreakers are used earlier on in courses, to help participants relax, get to know each other better and to create a relaxed atmosphere. They should be fairly easy so asto help participants feel more comfortable with each other.Energisers are very specifically designed to create energy in the room when needed, usually after lunch and breaks. You can get more creative with the type of energisers you use as you go through the course and participants are more comfortable with each other.Explain we are now going to gather some ideas for good icebreakers and energisers.Split the group into pairs. Ask half the group to discuss and agree an icebreaker activity that they know and could use (or if they don’t know of any to think of apossible one they could use) and the other half of the group to think of an energiser.Explain that each pair will then be required to run this activity with the rest of the group it should not last more than five minutes.Get each pair to run their exercise (assumes six pairs but if there are bigger or smallergroups you may need to break them into larger groups or to ask them to work ontheir own). Briefly discuss each activity afterwards.Explain that for the rest of the course you are going to be asking participantsto run different energisers at certain points. Put up a flip chart with a table showing when you want energisers run and ask individuals to write theirnames on the slot if they are happy to practice doing another energiser. |
|  | 1. **Resources needed**

As needed by participants – flip charts, paper, post its, pens etc.1. **Handouts**

In Handout book |